



NORTH DAKOTA
DEPARTMENT *of* HEALTH

NEWS RELEASE

For Immediate Release:
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North Dakota Department of Health Announces First Confirmed Case of H1N1 Influenza in North Dakota

BISMARCK, N.D. – The North Dakota Department of Health today announced the state's first confirmed case of H1N1 novel influenza virus, also referred to as swine flu.

The young adult female is a resident of Burleigh County. She was not hospitalized and has been recovering at home.

A lab specimen was submitted to the U.S. Centers for Disease Control and Prevention (CDC) by the Department of Health late last week after preliminary tests identified the patient's illness as a "probable" infection. Additional testing was needed to determine if the patient had the new strain of influenza.

"Now that we know this virus is in North Dakota, it's important for people to take simple steps to protect themselves and their families," said State Epidemiologist Kirby Kruger. "This includes staying home when you are sick and washing your hands often."

The Department of Health offers these recommendations:

- As always, stay home from work or school if you are sick to avoid spreading the infection to others.
- Cover your mouth and nose with a tissue when coughing or sneezing. It may prevent those around you from getting sick.
- Avoid close contact with people who are coughing or otherwise appear ill.
- Avoid touching your eyes, nose and mouth. Germs are often spread when a person touches something that is contaminated with germs and then touches his or her eyes, nose or mouth.

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Visit the health department home page at www.ndhealth.gov.

- Wash your hands frequently.
- Contact your doctor if you are experiencing cough, fever and fatigue, possibly along with diarrhea and vomiting.

Information about H1N1, including case information for North Dakota, can be found at www.ndhealth.gov. Case information will be updated daily at approximately 10:15 a.m.

For more information, please contact Kirby Kruger, North Dakota Department of Health, at 701.328.2378.

Note to the Media: The North Dakota Department of Health has developed a policy for release of information regarding North Dakota H1N1 cases. You can view this policy at www.ndhan.gov/media/.

-- 30 --

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